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Investigation of Motivation Levels of Individuals Doing Fitness and Kickbox for Recreative Activity Purpose in Terms of Some Variables

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Abstract

The aim of this study is to determine the correlation of motivation levels of those who do fitness and kickbox exercises for recreative activity in Antalya Province in terms of some variables. The sampling group of the research is consisted of individuals who do fitness and kickbox for the recreative purpose in Antalya province. “Recreational Exercise Motivation Measure” (REMM) developed for the purpose of determining the factors which can motivate the individuals to the exercise was used as a data collection tool in the study. Totally 190 individuals participated into the study. SPSS 22.0 program was used for the analysis of data obtained. While Independent T test was used in comparison of the motivation factors by the participants’ gender, exercise type they perform and status of supplement, OneWay ANOVA analysis was used in comparison of the motivation factors by the age groups, income status, educational background and starting time of the exercise.

Keywords: recreation, fitness, Kickbox, motivation

1. Introduction

Leisure time requirement that has been present in any period of the history has been evaluated from different point of views in every phase. For instance, it was evaluated as a necessary, compulsory and limited time for the purpose of maintaining and increasing the productivity of people in business life, a time serving to such desires as relaxation, recreation, enjoying the life and a process serving to individual and social representation such as mental relief, providing self-confidence or nature revival. Researchers such as Rojek, Robets, Kraus, Kelly, Parker, and Pronovost who reported their opinions on concepts related with leisure time referred that the concept has experienced a meaning and content confusion together with the modern period or liberalism in terms of the management discipline after the industrial revolution. However, there were times when the leisure time phenomenon included into the life with different meanings apart from its basic meanings came under the rule of local administration and government (Aytaç 2005: 1-22).

First of which is Self-Determination Theory (SDT) whose foundations were built and conceptualized by Deci and Ryan (Deci 1975, Deci and Ryan 1985: 237-238), the second is Achievement Goal Theory (AGT) (Ames 1992: 261-271, Dweck 1986: 1040-1048, Nichollas 1989: Robert 1993: 405-420) and the last is the Requirement Theory (RT) (İbrahim and Cordes, 2002). Why the individuals participate into the recreative sportive activities has been a subject which attracts the attention of scientists for long time. Numerous studies were conducted for learning and detecting the factors motivating individuals to such activities in the sports, exercise and recreation fields. According to STD, there are three conditions motivating the individuals. These are amotivation, intrinsic motivation and extrinsic motivation. For this reason, the factors motivating the individuals were also discussed from two point of views. Of these motivating factors; intrinsic motivation is the motivation provided by intrinsic factors and extrinsic motivation is the motivation provided by extrinsic factors. These theories dealt with how often intrinsic and extrinsic factors are perceived as stimulant since the status of participation into recreational sports/exercise resulted from stimulants lead to the motivational differentiation (Fuzhong, 1999: 97-115). The aim of the activity is the leading one among the factors motivating the individuals to exercise/sports, as well as the other benefits acquired by intrinsic and extrinsic motivation obtained from the individuals. Once the definition of motivation concept is examined, it is consisted of intrinsic and extrinsic stimulants and the individual reaches a certain motivation level through stimulants or motives (Carroll ınave Alexandris, 1997: 281).

According to a theory developed by Cannon (1939), instabilities resulted from intrinsic or extrinsic factors take the organism away from the state of balance. Organism takes action for returning to the state of balance. Motive/motivation

enables this organism to take action. Motivation or stimulating is defined as "ideas, hopes, shortly desire, requirement and fears motivating the individual, determining the directions of his/her actions" (Fındıkçı, 2000: 373). In this regard, it is seen that the motivating factors have an important place in participation of individuals into the recreational exercises. The participation of individuals who do exercise into recreational activities is of importance in terms of searching the motivation factors; consuming the leisure time of individuals more qualified, transferring the conscious of productive leisure time, doing more recreational activity in their leisure times and most importantly, being imprinted the understanding of "lifelong sports for everybody" in their mind (Erdoğan and Bahadır, 2019: 58). The participation of individuals into activities for spending more qualified time may be provided with practices which increase their motivations and raise their sports conscious.

2. Material and Method

"Recreational Exercise Motivation Measure" (REMM) developed for the purpose of determining the factors which can motivate the individuals to the exercise was used as a data collection tool in the study. Totally 190 individuals participated into the study. SPSS 22.0 program was used for the analysis of data obtained. While Independent T test was used in comparison of the motivation factors by the participants' gender, exercise type they perform and status of supplement, OneWay ANOVA analysis was used in comparison of the motivation factors by the age groups, income status, educational background and starting time of the exercise. The sampling group of the research is consisted of individuals who do fitness and kickbox for the recreative purpose in Antalya province.

3. Findings

SPSS 22.0 program was used for the analysis of data obtained. While Independent T test was used in comparison of the motivation factors by the participants' gender, exercise type they perform and status of supplement, OneWay ANOVA analysis was used in comparison of the motivation factors by the age groups, income status, educational background and starting time of the exercise.

Table 1. Frequency and Percentage Distributions of Demographic Information of Participants

Variable	Sub-variable	f	%
Gender	Male	89	47,1
	Female	100	52,9
Age group	16-20 years old	20	10,6
	21-25 years old	68	36,0
	26-30 years old	65	34,4
	31-35 years old	15	7,9
	35+ years old	21	11,1
Income state	No income	39	20,6
	500 - 1999 TRY	35	18,5
	2000 - 3499 TRY	69	36,5
	3499+ TRY	46	24,3
Educational Background	High School	41	21,7
	Associate degree	28	14,8
	Bachelor's degree	99	52,4
	Master's degree	21	11,1
Type of exercise	Fitness	126	66,7
	Kickbox	63	33,3
Starting time of exercise	Less than 1 month	20	10,6
	1-6 months	51	27,0
	6-12 months	33	17,5
	12-18 months	18	9,5
	18-24 months	17	9,0
	24+ months	50	26,5
State of using Supplement	Yes	49	25,9
	No	140	74,1

47,1% of the participants is male, 52,9% is female, 10,6% is in the age group of 16-20, 36% in the age group of 21-25, 34,4% in the age group of 26-30, 7,9% in the age group of 31-35 and 11,1% in the age group 35+. While 20,6% of the participants does not have an income, 18,5% has an income amounting to 200 – 1999 TRY, 36,5% has an income amounting to 2000 – 3499 TRY, 24,3% has 3499+ TRY income. 21,7% of the participants of the research is high school graduate, 14,8% is associate degree graduate, 52,4% is bachelor's degree graduate, 11,1% is the graduate of master's degree. 66,7% of the participants is doing fitness, 33,3% is doing kickbox exercise. While 10,6% of the participants has been doing exercise for less than 1 month, 27% for 1-6 months, 17,5% for 6-12 months, 9,5% for 12-18 months, 9% for 8-24 months, 26,5% for 24+ months and 25,9% of the participants is using supplement.

Table 2. Descriptive Statistics of Recreative Exercise Motivation Factors of Participants

Factor	N	X	Sd
Health	189	75,08	11,331
Competition	189	49,88	10,689
Body and appearance	189	32,56	5,277
Social and recreation	189	63,35	13,957
Skill development	189	32,93	5,731

The lowest and the highest scores to be obtained from the health factor is 18-90, the lowest and highest scores to be obtained from competition factor is 14-70, the lowest and highest scores to be obtained from body and appearance factor is 8-40, the lowest and highest scores to be obtained from social and recreation factor is 18-90, the lowest and highest scores to be obtained from skill development factor is 8-40. In this regard, when table is examined, it is seen that motivations of participants in health, competition, body and appearance and skill development factors are high, they have near-high motivation above the intermediate level in the social and recreation factor.

Table 3. Comparison of Recreative Exercise Motivation Factors of Participants by Income States

Factor	Income State	N	X	Sd	F	P
Health	None	39	73,92	11,172	3,321	,021
	500 - 1999 TRY	35	75,54	12,860		
	2000 - 3499 TRY	69	72,74	12,390		
	3499+ TRY	46	79,24	6,832		
Competition	None	39	50,33	10,693	,454	,715
	500 - 1999 TRY	35	50,40	11,057		
	2000 - 3499 TRY	69	48,71	10,761		
	3499+ TRY	46	50,87	10,487		
Body and appearance	None	39	31,36	5,470	4,131	,007
	500 - 1999 TRY	35	33,57	5,321		
	2000 - 3499 TRY	69	31,49	5,596		
	3499+ TRY	46	34,41	3,879		
Social and recreation	None	39	63,23	13,055	,943	,421
	500 - 1999 TRY	35	66,40	14,230		
	2000 - 3499 TRY	69	61,58	14,545		
	3499+ TRY	46	63,80	13,600		
Skill development	None	39	33,03	4,528	1,646	,180
	500 - 1999 TRY	35	33,94	6,264		
	2000 - 3499 TRY	69	31,78	5,931		
	3499+ TRY	46	33,78	5,792		

When Table is examined, it is seen that the competition, social and recreation, skill development motivation factors of the factors directing the participants to the recreative exercise do not differ at a statistically significant level by the income state ($p>0,05$), health and body and appearance motivation factors differ at a statistically significant level by the income state ($p<0,05$). It is seen in the health motivation factor in which there is a significant difference that the body and appearance motivation level of the participants who have a monthly income amounting to 3499+ TRY is significantly higher than the participants whose monthly income is 2000 – 3499 TRY ($p<0,05$). It is seen in the body and appearance motivation factor in which there is a significant difference that the body and appearance motivation level of the participants who have a monthly income amounting to 3499+ TRY is significantly higher than the participants who have no monthly income and whose monthly income is 2000 – 3499 TRY ($p<0,05$).

Table 4. Comparison of Recreative Exercise Motivation Factors of Participants by the Type of the Exercise They Perform

Factor	Type of Exercise	N	X	Sd	t	P
Health	Fitness	126	73,54	12,573	-2,695	,008
	Kickbox	63	78,17	7,487		
Competition	Fitness	126	47,94	10,627	-3,656	,000
	Kickbox	63	53,78	9,782		
Body and appearance	Fitness	126	31,93	5,569	-2,358	,019
	Kickbox	63	33,83	4,412		
Social and recreation	Fitness	126	61,16	14,243	-3,129	,002
	Kickbox	63	67,75	12,341		
Skill development	Fitness	126	32,17	6,051	-2,587	,010
	Kickbox	63	34,43	4,727		

When Table is examined, it is seen that health, competition, body and appearance, social and recreation, skill development motivation factors of the factors directing the participants to recreative exercise differ at a statistically significant level by the type of the exercise and the motivation level of participants who do kickbox in all factors is significantly higher than the participants who do fitness (p>0,05).

Table 5. Comparison of Recreative Exercise Motivation Factors of Participants by the Starting time of the Exercise

Factor	Time	N	X	Sd	F	P
Health	Less than 1 month	20	73,05	7,536	2,091	,068
	1-6 months	51	71,37	14,451		
	6-12 months	33	76,21	9,367		
	12-18 months	18	76,67	7,554		
	18-24 months	17	76,41	6,325		
	24+ months	50	77,92	11,863		
Competition	Less than 1 month	20	47,85	6,499	2,384	,040
	1-6 months	51	47,14	10,558		
	6-12 months	33	48,06	10,461		
	12-18 months	18	51,22	11,306		
	18-24 months	17	52,76	6,619		
	24+ months	50	53,24	12,302		
Body and appearance	Less than 1 month	20	31,80	4,086	2,138	,063
	1-6 months	51	31,04	5,814		
	6-12 months	33	32,09	4,876		
	12-18 months	18	33,06	4,151		
	18-24 months	17	34,00	3,410		
	24+ months	50	34,06	5,888		
Social and recreation	Less than 1 month	20	61,95	9,594	2,166	,060
	1-6 months	51	59,25	14,619		
	6-12 months	33	61,61	14,217		
	12-18 months	18	67,83	14,030		
	18-24 months	17	66,88	9,286		
	24+ months	50	66,44	14,948		
Skill development	Less than 1 month	20	29,95	4,249	2,306	,046
	1-6 months	51	31,88	6,507		
	6-12 months	33	33,52	5,316		
	12-18 months	18	33,11	4,497		
	18-24 months	17	34,12	4,428		
	24+ months	50	34,32	6,039		

When Table is examined, it is seen that health, body and appearance, social and recreation motivation factors of the factors directing the participants to recreative exercise do not differ at a statistically significant level by the starting time

of the exercise (p>0,05), but, the competition and skill development motivation factors differ at a statistically significant level by the starting time of the exercise (p<0,05). It is seen in the competition motivation factor in which there is significant difference that the competition motivation level of the participants doing exercise for 24+ months is significantly higher than the participants doing exercise for 1-6 months (p<0,05). It is seen in the skill development factor with significant difference that the competition motivation level of the participants doing exercise for 24+ months is significantly higher than the participants doing exercise for less than 1 month (p<0,05).

Table 6. Comparison of Recreative Exercise Motivation Factors of Participants by the State of Using Supplement

Factor	State of use	N	X	Sd	t	p
Health	Yes	49	75,76	13,317	,480	,632
	No	140	74,85	10,592		
Competition	Yes	49	52,73	10,818	2,191	,030
	No	140	48,89	10,500		
Body and appearance	Yes	49	33,88	5,028	2,047	,042
	No	140	32,10	5,301		
Social and recreation	Yes	49	64,51	13,964	,672	,502
	No	140	62,95	13,982		
Skill development	Yes	49	33,73	5,852	1,149	,252
	No	140	32,64	5,682		

When Table is examined, it is seen that health, social and recreation, skill development motivation factors of the factors directing the participants to recreative exercise do not differ at a statistically significant level by the state of using supplement (p>0,05), the competition and body and appearance motivation factors differ at a statistically significant level by the state of using supplement (p<0,05). It is seen in the competition and body and appearance motivation factors in which there is a significant difference that the motivation level of the participants using supplement are significantly higher than the participants not using supplement (p<0,05).

4. Discussion and Conclusion

When the findings of individuals participating into our study given in Table 2 are examined, it is seen that motivations in health, competition, body and appearance and skill development factors are high, they have near-high motivation above the intermediate level in the social and recreation factor. While it is seen that the preferential factor motivating the individuals doing fitness and kickbox to the recreational exercise is the health factor, it is respectively followed by social and recreation, competition, skill development and body and appearance factors. In the study conducted by Karakaş et al., (2015) showing similarity regarding that health factor is ranked first, it was found that the first factor motivating the participants to the recreational exercise is the health and it is respectively followed by the skill development, body and appearance, social and recreation and competition factor.

When Table 3 is examined, it is seen that the competition, social and recreation, skill development motivation factors of the factors directing the participants to the recreative exercise do not differ at a statistically significant level by the income state (p>0,05), health and body and appearance motivation factors differ at a statistically significant level by the income state (p<0,05). Once score means of the health motivation factor are examined, score means of the individuals whose monthly income is 3499+ TRY ($\bar{x}$=79,24) are higher than the score means of the individuals whose monthly income is 2000-3499 TRY ($\bar{x}$=72,74). Accordingly, while it is seen that health is an important motivating factor in the recreational exercise participation states of individuals whose income level is high, it is seen that it is not quite important in the individuals whose income level is lower. Once the score means of body and appearance motive factor are examined, it is found that score means of the individuals whose monthly income is 3499+ TRY ($\bar{x}$=34,41) are higher than those who have no monthly income ($\bar{x}$=31,36) and score means of those whose monthly income is 2000-3499 TRY ($\bar{x}$=31,49). In such a case, while it is considered that body and appearance is an important motivational source in the recreational exercise participation for the individuals whose income level is high, it is seen that the case is not same for the individuals whose income level is low. There is a linear relationship between the income state variable and health and body and appearance factors. As the income level increases, their health and body and appearance motivations increase in the participation of individuals into the recreational exercise. Müderrisoğlu and Uzun (2004) noted that the income is one of the most effective factors in the recreational preferences, there is a relationship between participation into recreational activities and income. In another study, a significant difference was found between the income state

variable and competition, body and appearance, social and recreation and skill development motivation factors, however, it was stated that this difference is reserve. Although it is considered that the body and appearance factor showed similarity with our study by the significance condition as a result of the findings, the reverse nature of this significance is completely contrary finding to our study (Çetinkaya, 2015: 119).

When Table 4 is examined, it is seen that health, competition, body and appearance, social and recreation, skill development motivation factors of the factors directing the participants to recreative exercise differ at a statistically significant level by the type of the exercise ($p>0,05$). Once the score means of the recreative exercise motivation factors by the type of exercise are examined, means of the individuals doing kickbox ($\bar{x}=78,17$) are higher than the means of the individuals doing fitness ($\bar{x}=73,54$) in the health motivation factor. In the competition motivation factor, means of the individuals doing kickbox ($\bar{x}=53,78$) are higher than the scores of the individuals doing fitness ($\bar{x}=47,94$). Means of the individuals doing kickbox ($\bar{x}=33,83$) are higher than the means of the individuals doing fitness (31,93) in the body and appearance motivation factor. In the social and recreation motivation factor, means of the individuals doing kickbox ($\bar{x}=67,75$) are higher than the means of the individuals doing fitness ($\bar{x}=61,16$). In the skill development motivation factor; means of the individuals doing kickbox ($\bar{x}=34,43$) are higher than the means of the individuals doing fitness (32,17). According to the finding results; while it is considered that health, competition, body and appearance, social recreation and skill factors are those increasing the motivation in the participations of the individuals doing kickbox into the recreational exercises by the type of exercise; these factors do not affect the motivation in the individuals doing fitness. A linear relationship was found between all motivation factors and the variable of exercise type. Once the literature review is made, while the competition motivation of athletes in different branches differs in a study performed over athletes competing in the university teams (Yıldırım, 2017: 48), it is found in another study that the fitness exercise type does not show a significant difference with the recreational exercise motivations of the individuals by the gender variable at the end of the investigation and it is determined that that study is contrary to our study (Ayar, 2017: 172). In the study conducted by Temel (2018), it was determined that there are significant differences at motivation levels of players of wushu and table tennis that are the different branches. According to these findings, it may be interpreted as follows; different exercise type may differentiate the motivation state.

When Table 5 is examined, it is seen that health, body and appearance, social and recreation motivation factors of the factors directing the participants to recreative exercise do not differ at a statistically significant level by the starting time of the exercise ($p>0,05$), but, the competition and skill development motivation factors differ at a statistically significant level by the starting time of the exercise ($p<0,05$). While it is seen in the competition motivation factor in which there is significant difference that the means of the participants doing exercise for 24+ months ($\bar{x}=53,24$) is significantly higher than the means of the participants doing exercise for 1-6 months ($\bar{x}=47,14$), it is seen in the skill development factor with significant difference that the means of the participants doing exercise for 24+ months ($\bar{x}=34,32$) is significantly higher than the means of the participants doing exercise for less than 1 month ($\bar{x}=29,95$) ($p<0,05$). According to the study result, once the relationship between the starting time of exercise and recreational exercise participation of individuals is examined, while it is considered that the states of the individuals for being engaged in the sports for long time support their motivations in the sub-dimensions of competition and skill development, it does not affect the motivation of the individuals who do exercise for shorter time. There is a linear relationship between the state of doing sports for long time and skill development and competition motivations. As the time of doing exercise increases, the state of being motivated in the skill development and competition factor also increases. Individuals participating into long-term exercise have a more positive self-presentation and hence, they stated that they are more motivated for the exercise (Altıntaş, Aşçı and Özdemir, 2007). Once the literature review is made about the study findings, while it is seen that it has similar aspects with our study in the competition and skill development factors, a positive significant relationship is found between the sub-dimensions of health, social/recreation and exercise time and this does not provide any similarity with our study (Ayar, 2017: 176). Koruç (2015) found a positive significant relationship in the health, competition, body and appearance, social/recreation and skill development dimensions at the end of the study he performed for measuring the recreational exercise between the individuals started fitness centers recently and going to the center for more than three years. While the sub-dimensions of the competition and skill development of the recreational exercise motivation measure coincide with the present study in terms of exercise participation time, it does not bear a similar feature with the sub-dimensions of body and appearance, health, social/recreation.

When Table 6 is examined, it is seen that health, social and recreation, skill development motivation factors of the factors directing the participants to recreative exercise do not differ at a statistically significant level by the state of using supplement ($p>0,05$), the competition and body and appearance motivation factors differ at a statistically significant level by the state of using supplement ($p<0,05$). While it is seen in the competition motivation factor in which there is a significant difference that score means of the participants using supplement ($\bar{x}=52,73$) are higher than the score means of the participant not using supplement ($\bar{x}=48,89$), it is found out in the body ad appearance factor that

score means of participants using supplement ($\bar{x}$=33,88) are higher than the score means of the participants not using supplement ($\bar{x}$=32,10). It was concluded that while it was considered that the use of supplement in the recreational exercise participation states is a motivating factor for the individual in the body and skill development factors, it is not a motivating factor for the individuals not using supplement in the body and skill development factors .A linear relationship was found between the variable of supplement use and body and skill development factors. As the supplement use of the individuals increases, the motivation levels in the body and skill development factors also increase. In a study conducted; while 27% of the individuals participating into the study states that the use of supplement is a motivating factor in achieving the objectives in the sports, 23% states that everybody engaging in body development should use a supplement (Çavdar, 2018: 25). Çimen (2012) reported in the study performed over the elite table tennis players and coaches that 88% of the athlete states that sports drinks will provide an advantage in the long-term exercises; 76% of the athlete states that nutritional supplement is an element increasing the performance of athletes. In the study conducted by Yıldırım, Miçooğulları, Yıldırım and Şahin (2005), it was concluded that 44% of the athletes used a nutritional supplement prior to the match.

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